

YOUR DENTIST CAN SAVE YOUR LIFE

Winter vegetables important for a healthy diet

Have you noticed? More and more people are looking for things to do at home that involve the family – from recreation and teaching their children important life-skills and values -- to ensuring they get a good education. In our home we have added something else, something that is great fun as well as beneficial -- a winter garden!

I know what you're thinking. This requires an investment of time and effort. True. But I can report it's well worth it. Our little gardening experiment started with our new year focus on eating healthier.

Of course, you need not have a winter garden to eat healthier during these cold months. You can still avail yourself of healthy options. The point is during the weeks of winter, we tend to spend more time inside and bulk up eating the wrong foods. Getting proper nutrition is more challenging as winter sets in because cold weather brings cravings – and we end up neglecting good nutrition.

As our winter garden experiment is proving, there are hearty, healthy vegetables that survive and even thrive in the colder tempera-

tures. They are delicious! They taste sweeter in the cooler months, making winter the optimal time for harvest!



Dr. Gabrielle F. Cannick

Here are the top healthiest winter vegetables and their benefits. It gives me pleasure to report...our family is growing all of them right in our backyard. For some these vegetables may be an "acquired taste" -- but try them. I wish

I had space here to share a few delicious recipes. If you have some, please share!

1. Kale. Exceptionally nutritious and packed with vitamins, minerals, fiber, and antioxidants.

2. Rutabaga. High in vitamin C and potassium. Increasing potassium may lower blood pressure and reduce risk of heart disease.

3. Turnip greens. Among the top foods with the highest possible vitamin, mineral, phytonutrient density (ANDI) score of

1,000 points!

4. Arugula. Contains glucosinolates, natural substances that may protect against breast, prostate, lung, and colon cancers. Fights inflammation and may help prevent osteoporosis.

5. Red and Green Cabbage. Packed with nutrients including Vitamin A, C, and K. Also contains anthocyanins, which may protect against heart disease and certain cancers.

6. Broccoli. Enjoys a well-deserved reputation as a superfood. It is low in calories but contains a wealth of nutrients and antioxidants.

7. Collard greens. May decrease the risk of a number of health conditions including obesity, diabetes and heart disease.

In summary, these wonderful – indeed amazing – winter vegetables contain a range of benefits which may help prevent or even reverse the type of cell damage that leads to a host of health issues. Scientists even have a name for them: "green chemoprevention." Our little winter garden is a fun and healthy learning experience for our whole

family. That said, these winter vegetables can be found in our local grocery. The point is – make healthy choices. The benefits are many. If you have questions, please call. Think of us as your hometown resource for guidance and support. And here's to a productive, and healthy, new year!

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809 or visit grandoaksdental.com or [facebook.com/GrandOaksDental](https://www.facebook.com/GrandOaksDental).

HARRIS
HOME



**WE DO FLOORS,
AND WE DO THEM WELL.**

DiscoverHarrisHome.com



**For a
better
night's
sleep**

**Snoring and Obstructive
Sleep Apnea
can be treated safely
and effectively with the
EMA® oral appliance**



EMA® works by opening the bite and gently advancing the mandible (or jaw) with elastic straps to increase airway space.

This custom-made oral appliance is only available through dental professionals.

**Ask your dentist if
EMA is right for you.**

\$500 off of a custom
Sleep Appliance

Gabrielle F. Cannick, DMD, PhD
Grand Oaks Dental, LLC

3905 Liberty Highway, Anderson, SC, 29621
Call 864-224-0809 or visit www.grandoaksdental.com